

# Green Heart MENU for March 15th @ Rillito Park Farmers Market

**MARKET HOURS: 9 AM - 1 PM**

*(Please have your order in by Thursday 6 pm. For us, "the sooner the better" 😊)*

## Squash & Red Bean Stew

In addition to the butternut squash and red beans: onions, carrots, red bells, garlic and herbs to season this hearty soup. (GF, SF, nut-free)  
\$7.50

## Veggie Pasta Soup w/Soy Curls

The base is the "chicken" broth we make from scratch, and seasoned with poultry seasoning. Broccoli, carrots, red bell, zucchini, w/organic WW pasta (no oil, no nuts) \$7.50

**Frozen:**

**Beluga (Black) Lentil (GF, SF, nut-free) - \$7**

**Mushroom Barley (miso base, nut-free) \$7**

## Corned "Beef" and Cabbage

This is the seitan that I make for the Reuben sandwiches. Slices served with steamed organic green cabbage, carrots, red potatoes. Perfect for St. Patty's Day, or any day. (SF, no nuts) \$15

## Moo Shu Veggies w/Brown Jasmine Rice

Cathy will make one of her favorites: wood ear & cremini mushrooms, celery, carrots, orange bell, leeks, and braised tofu in a delicious sauce. Served with organic brown jasmine rice. (GF, no oil, no nuts) \$15



## Quinoa Salad

Organic quinoa with green onions, cucumber, carrot, parsley, raisins and sliced almonds in a curry lime dressing (coconut yogurt base). RANCH DRESSING on the side, too \$12

## Sandwiches

**Black Bean Veggie Patties:** we pre-bake these, and you will reheat them. We are changing it up this time: black beans, sweet potatoes, rolled oats, mushrooms, carrots, different seasonings than before. Can be eaten on a bun (let me know if you need a Dave's Killer bun, or by itself. These keep well in the freezer. (GF, SF, oil-free, no nuts) 2 patties \$8

**Tofu Egg Salad:** made of silken extra firm tofu, with seasonings. 8 oz container OR ON DAVE'S BREAD (filling is GF, no nuts). \$13

**Seitan Reuben:** house-made seitan corned "beef", sauerkraut, house-made cashew cheez spread, with our Russian dressing, on Sprouts sourdough rye \$13.

## Healthy Desserts

**Organic Carrot Cake:** Organic GF oat flour, sweetened with agave. With pineapple, raisins and pecans. Frosted in our silken tofu frosting. (GF, no added oil/fat) By the slice \$8

**Tiramisu** by the slice. The mascarpone is made of whipped coconut cream blended with soaked cashews and maple syrup.. (GF, SF, oil-free) \$8

**Organic Hand Pie** in organic sprouted spelt crust (SF, no nuts) \$8. **Organic APPLE filling or BLUEBERRY.**

**Streusel Top Mini-Pie:** bottom crust is oat flour. Streusel is dates, pecans, coconut shreds, cinnamon, nutmeg). \$8 Apple or Blueberry.

**Chocolate Cherry Truffle** (pecans, cacao powder, dates)  
(raw, GF, SF, oil-free) \$2.50/each or 3/\$7

**Banana Chocolate Chip Cupcake:** our new bigger cupcake size. Our banana cake frosted in our tofu based chocolate frosting. (GF, no added fat or nuts) \$6

**Organic Fresh Berry Tarts** (GF, no nuts) \$8.

**Alaine's Rainforest Cake** –our 33rd Holiday season: a loaf made of organic & unsulfured: Brazil nuts, dates, apricots, pineapple, raisins, craisins, fresh orange zest, agave and brown rice flour. Slice \$5.00 1 lb loaf \$27 2 lb loaf \$46

## Breakfast

**Blueberry Lemon Scone:** Organic oat & teff flours, lightly sweetened w/coconut sugar, lemon glaze. (GF, SF, no nuts) \$4.50

**Orange Coconut Pineapple Coffee Cake:** Fresh orange zest flavors the cake, with pineapple. Topped with oven tatsted coconut shreds. (GF, SF, no oil or nuts) \$5/slice

**Blue Corn Blueberry Muffin:** organic blue corn meal, oat flour, a little mesquite flour, agave sweetened. (GF, SF, no added fat/nuts) \$5.

**Lemon Berry Loaf** 10 oz. organic oat flour, sweetened with agave, fresh lemon zest, blueberries. (GF, no added oil, no nuts) \$8.

**Banana Walnut 10 oz Loaf** (SF, GF, no added oil) \$8

**Sweet Potato Bread:** 10 oz. organic oat flour, sweetened w/coconut sugar, dried apricots, & topped with pumpkin seeds. (GF, SF, no nuts, no added fat) \$8

## Cookies and Bars

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**Carrot Oat Bars:** made of rolled oats, almond butter, shredded carrots, toasted pecans, sweetened with date paste. (GF, SF, no oil) \$5

**Chickpea Cookies:** pureed chickpeas, almond flour, date syrup, dried blueberries. 3 small cookies in a package. (GF, no added oil) \$5

**Wedding Cookies:** almond flour, ground walnuts, sweetened with organic coconut sugar. 3 cookies in a container (GF, SF) \$5

**Apricot Date Breakfast Bar** (GF, SF, oil-free, date-sweetened, no nuts) 5.00

**Triple Coconut Donut**, baked, topped with toasted coconut (GF, SF, no added oil, no nuts)\$5.00

**Chocolate Raspberry Mini Bundt Cake:** org. oat flour, sweetened w/maple & agave. (GF, no nuts, no added fat) \$8.

**Oatmeal Applesauce w/Chocolate Chip** (GF, no added fat, no nuts) 4.50

**Chocolate Chip Pecan** (SF, GF) 4.50

**Molasses Ginger** (GF, no nuts) 4.50

**Organic Chocolate Brownie** (GF, oil-free) 5.00

**Magic Bar** (grain-free, GF, SF, oil-free) 5.00

*Thank you in advance for your order. Please note that we MAY only make enough savory to fill orders.*

*Feel free to phone me w/questions and/or special requests.*

*And feel free to forward this menu to anyone you know who'd be interested in WFPB foods.*

*See you Sunday! Alaine*

*Green Heart Bakery  
520-954-2409*